Every accomplishment starts with the decision to try.

March 2013

Why Focus on Wellness?

Bucknell would like to see its faculty and staff living happy and fulfilled lives ~ both professionally and personally. The University has made a serious financial commitment to the initiative. Though one of the outcomes of the initiative may be cost savings to both you and the University, cost reduction is not the focus of the program. President Bravman and the Operations Management Group have strongly endorsed the Wellness Initiative, because they believe in helping each staff and faculty member be as vital, productive and healthy as possible.

What is the Wellness Initiative?

Be Smart, Be Well, Be YOU is a University wellness initiative that encourages faculty and staff to take action to improve their own health and wellbeing.

This Initiative focuses on the whole person, not solely on health or fitness. Whether you want to become stronger, healthier, more relaxed, more financially stable or more connected to the community, the Wellness Initiative offers tools, resources and activities to help you reach your individual goals.

On the wellness website, you can access calendars to find out when wellness and recreational events are happening on or near campus, get tips on healthy eating, find out how to meet your financial goals, learn how to reduce stress and anxiety, access the PureWellness portal, and more. All of these resources are to assist you in becoming a better YOU.

Questions?

Is my information confidential? Am I required to participate? Will I be penalized for not reaching my goals? How do I share an idea for a wellness opportunity? Visit the Be Smart, Be Well, Be YOU! FAQ section.
What is Wellness Coaching?

Think of a wellness coach as a personal trainer for your life (since diet or exercise may not always be the change that you want to work toward). A wellness coach works with you to determine what aspects of your life you want to focus on and helps you create a plan to achieve behavior change. These behaviors could include changing dietary habits, getting more exercise, or quitting smoking. They could also include achieving a better work/life balance or reducing stress ~ whatever your current goal(s) are.

Coaching is not a scripted meeting or list of things you are required to do. The coaches won’t set your goals for you, nor will they track whether or not you have met your goal. They won’t ask you to discuss anything you aren’t comfortable sharing, and they won’t share any of your information with anyone else. Coaching is completely confidential and personal to you.

Your coach will work with you to determine what your goals are, help you develop a plan to get you there, and guide and motivate you along the way. You don’t have to do it alone. They will be there to help you get past the “roadblocks” of life, and will celebrate your success!

Our goal as coaches is to help you make lasting changes in order to improve your personal well-being.

Did You Know?

Have you heard your friends talking about their wellness coach? Are you ready to make a change, but don’t know where to start?

You have to authorize one of our coaches to contact you. The wellness coaches will never reach out to you unsolicited. You can start the coaching process in two ways:

1. In the PureWellness portal, go to the Resources tab. Select My Profile. Scroll to the bottom and check the box authorizing coaching. Your coach will then reach out to you.

2. If you don’t use the portal, contact Kelley Adams-Verge to get started with coaching.

Heather Baranoski

In 2005 I received my certification as a Wellness Coach as a way to combine my background in both Psychology and Exercise Science. Working with patients in a cardiac rehabilitation program for the previous seven years and my own personal experiences led me to the conclusion that living a healthy lifestyle was not simply a function of knowing what we “should” do, but rather a reflection of our level of motivation, or personal reason(s) to achieve a goal. As a wellness coach, I work with clients to first define what it is they want out of life and then to find the right motivation to make it happen.

Getting started is not always the biggest or only challenge my clients face. Many times “life gets in the way” of what we want and we simply lose our focus. As a working wife and mother, I can appreciate how often we simply forget what we really want for ourselves and how badly we really want it. It is during the busy and often stressful times that we find ourselves making choices that are not in line with our personal wellness goals. By creating a focused positive outlook, powerful and memorable motivators and a sense of accountability, I help my clients to move forward at their own pace towards the wellness goals they have created for themselves, so that they can live their best lives.

By Living Well we can Be Well.
Kim Bowers

Kim Bowers is a certified professional coach who couples her passion for life with her underlying belief that all is possible. Her coaching philosophy allows individuals to realize their full potential and achieve their goals.

From years of experience as a successful sales professional, team leader, peer coach and mentor, Kim's soothing yet energetic personality creates an environment in which her clients can self-reflect and explore possibilities to overcome challenges in a compassionate setting.

Kim's commitment to her clients is one of self-empowerment where individual restraints are lifted and multiple opportunities arise. Her goal is for her clients to have an individualized plan for success and happiness.

Kim received her B.A. in Psychology from Bucknell University and graduated from International Coach Academy (ICA) as a Certified Professional Coach. She serves as an Ambassador for ICA where she helps new students get acclimated to the learning environment and also leads graduation support groups to help ensure students' successful completion.

James Persing

I would like to briefly introduce myself and thank everyone in the Bucknell community for participating in the coaching program. It is an exciting opportunity and something I am passionate about. My success as a coach comes from many years of working with people and organizations to reach new goals. My professional background and coaching pragmatism combine with individual empathy and support to create an environment where the client’s agenda and goals can be created, reached and maintained. I value the creativity and possibilities in each client, and I work with each person confidentially to provide the effectiveness they desire. I am a Professional Certified Coach through the ICF, and am also certified through Coaches Training Institute and the Wellness Inventory. Always pragmatic, I am able to support my clients to create change in their own lives in areas of wellness, stress management, and personal and professional achievement. Living blocks from the University, my wife and I have two children.

What You Are Saying

Yoga Back really helped my back. I was able to stop my monthly visits to the chiropractor.

~ Kate T.

So many people are taking advantage of the wellness program. It's exciting! Every day we compare notes on the classes and discuss how we're improving our health. Thanks for all you've done to get this going.

~ Sharon C.

I consider myself relatively healthy. I participated in the first round of biometric screenings just to see what my numbers were, since I rarely go to the doctor, and to get the $25 incentive. When I received my results, I was shocked to learn that my numbers weren't nearly as good as I had expected. I now have a new goal!

~ Kelley A.

Would you like to share your story, and maybe motivate someone else? Send it to Kelley Adams-Verge and it may be included in a future publication.
Upcoming Events

EAP Webinars – Register at www.mylifevalues.com

• Til Debt Do Us Part ~ When it comes to budgeting, your relationship can be your greatest asset or your biggest downfall. March 6, 3 p.m.

• Taking Your ZZZZ’s Seriously ~ Who couldn’t use better sleep and more of it? March 13, 2 p.m.

• Stop to Smell The Roses: Finding Joy in Life ~ If you’re like most people, you spend most of your time rushing around and feeling stressed out. You might find that you’re missing opportunities to enjoy everything you’ve got. There’s new research about the science of being happy and how to get happier. March 20, 3 p.m.

• Overcoming the Fear of Failure ~ The fear of failure is very common. In fact, so many people worry about failing that they don’t achieve anywhere near their real potential. March 26, 3 p.m.

Nutrition Seminars ~ with Laurel Kopecky

• Conquer the Grocery Store ~ Learn all the tricks used to lure you into purchasing unhealthy food. Also learn if those "healthy choices" you are buying really are healthy. And finally, where to make those splurges on healthy choices. March 13, noon, ELC 256

• Meal & Snack Planning for Work ~ Now that you have conquered the grocery store, learn how to make and plan healthy meals and snacks to bring to work. These little tricks will not only save your wallet but also save your waistline. March 18, noon, ELC 256

No registration necessary.

Free Biometric Screenings ~ Still don’t know your numbers? Even if you consider yourself healthy, work out regularly, and try to eat right, you may still be missing a piece of vital information about your health if you don’t know your numbers. Evangelical will be providing free biometric screenings again on March 14, in Walls Lounge. Register in your PureWellness portal at www.bucknell.edu/wellness, or by contacting Kelley Adams-Verge.

Ongoing faculty and staff focused fitness and mindfulness opportunities. Visit the wellness event calendar, on the Be Smart, Be Well, Be YOU! website, to see when you can try spinning, Tabata, Zumba, Qigong, and more.